

Scott Spouses Newsletter

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Key Spouse Program

The key spouse program is designed to enhance existing family readiness services—trained volunteers, called Key Spouses, act as a liaison between the squadron and family members to provide an information and referral network for families within their units, especially during, but not limited to, permanent changes of station and deployments.

Their key responsibilities are to listen, contact, inform, and support. This program is not intended to replace ongoing unit formal or informal support systems but is intended to provide a system where one does not exist and enhance and strengthen systems already in place.

This program exists be-

cause the Air Force recognizes that existing support services go a long way toward meeting the needs of our communities. Support means dif-



ferent things to different people. Commanders usually view support in the larger perspective, concerned that people have good housing, medical and other services. First Sergeants provide support by getting things fixed or for active duty personnel and their families. The military spouse views support very differently; areas of concern for spouses are things such as:

loneliness, lack of companionship, disciplining the children, adequate social outlets, and handling the finances.

For these reasons the Key Spouse program was developed. The point of this program is to meet the needs of the military spouse and to help see a reduction in deployment-related family problems.

Spouses can find out more about the Key Spouse program by contacting their Squadron Commanders, or call Katie Dile at the Family Support Center, 256-8668.

Remember:

**You are not alone
There is help available
We care!**

Armed Forces Foundation

The Armed Forces Foundation (AFF) is a non-profit organization established to promote the morale, welfare, and quality of life of the United States Armed Forces community, including active duty military, reservists, retired personnel and their families.

The Foundation provides financial assistance to the families of deployed military

who can prove a legitimate critical need. AFF also participates in Operation Crayon, a nationwide program to provide school sup-



plies to children in war torn countries. The program is currently in effect in Bosnia, Afghanistan and Iraq. Our soldiers, through

the Chaplains deployed with them, deliver these common every day items to the children of these nations.

The Foundation is currently seeking volunteers for upcoming fundraising events. Please visit our website at www.armedforcessupport.org to learn more about our programs and for volunteer opportunities.

Behavioral Health Consultation Service

A Behavioral Health Consultant (BHC) is a psychologist or a social worker especially trained to work as a member of your primary care team. This team approach allows us to consider physical, behavioral, and emotional aspects of health. For example, the BHC can help you develop plans for smoking cessation or other lifestyle changes. They can also help you with emotional or behavioral problems such as difficulties with your family or relationship, grief, excess stress, depression, anxiety, or anger.

What is the Behavioral Health Consultation Service? Who is a Behavioral Health Consultant? How can he or she help me?

We're making the Behavioral Health Consultation Service available to you in our primary care and family practice clinics, as part of your comprehensive health care. The service offers help when

stress, worry, or emotional concerns about physical or other life problems interferes with your daily life.

How is this service different from Mental Health?

The BHC simply adds another facet to your complete health care. You are seen directly in the primary care or family practice clinic, and the BHC *will not* provide traditional psychotherapy. If you request it, or the BHC thinks you would benefit from it, he or she will refer you to specialty mental-health services. Another difference from specialty mental-health care is that your BHC will document the assessment and recommendations in your outpatient medical record. *He or she will not keep a separate mental-health record.*

What should I expect when I see the BHC?

Your BHC will ask you specific questions about your

physical symptoms, the emotional concerns you are experiencing, your behaviors, and how all of these might be related. Communications with your BHC may not be entirely confidential. Your BHC will make every effort to protect your privacy. But, like *all providers*, they *must* report information from any active duty patient that could have a negative impact on our mission.

Your appointments should last no longer than about 30 minutes. Your BHC will provide brief, solution-focused skills and techniques. You can also expect to be seen in this clinic and for the BHC to have a close working relationship with your primary medical provider. Remember: Your primary provider is in charge of your health care. The BHC's main job is to help develop and implement the best-integrated healthcare plan for YOU!

The Santa Express: A day filled with holiday cheer, sponsored by the USO

What: A holiday party for military families of all ages

Date: December 7, 2003

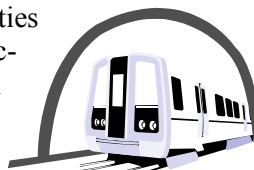
Time: Noon - 3:00 PM

Place: James S. McDonnell
USO-Lambert Airport, St. Louis

With military ID, families may board the Metrolink light rail for a free ride to the airport. Elves

will be at some of the stations to welcome guests. Once at the airport, guests will be given special ID bracelets for participation in activities throughout the airport - activities just for them! Activities and special guests include: Santa, Fred Bird,

clowns, story telling, face painting, holiday card making, Pi-wacket Theatre Production of Snowman's Revenge (1:30 PM), food (Subway sandwiches & chili dogs), NFL football on the big screen, free parking (bring ticket for validation), special prizes for kids, and much more!



Services Squadron: Taking Care of Deployed Families

Pre-Winter Service Inspection

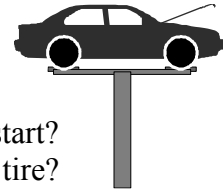
Let the staff at the Auto Skills Shop do a 20-point pre-winter inspection on your vehicle for only \$10. This service is free to spouses of those who are deployed (must show deployment papers). First come, first served. For more information call 256-4566.



Free Bowling

The Stars & Strikes Bowling Center is offering one free game of bowling per family member each week that your sponsor is deployed. To allow us to track this more easily, we ask that you come in as a family each time, rather than individually (must show deployment papers). Please call 256-4054 for more information.

House Call Car Care



Car won't start?
Got a flat tire?
The staff at the Skills Development Center Auto Shop will make an on-base house call to get you back on the road at no charge. If repairs are needed, costs will be at a 25% discount (must show deployment papers). Call us at 256-4565 or 256-4566.

Family Event Calendar for December 2003

<i>Date</i>	<i>Event</i>	<i>Phone</i>
2	Holiday Tree Lighting, 5:00PM at Scott Club	256-7322
3	Band of Mid-America Holiday Concert, 7:30PM at Powell Symphony Hall	229-8133
5	Band of Mid-America Holiday Concert, 7:30PM at Powell Symphony Hall	229-8133
6	Breakfast with Santa, Youth Center	744-9862
6	375th Airlift Wing Holiday Party, 6:00PM at Scott Club	256-4241
7	Breakfast at Nightingale Inn, 9:00-10:00AM	256-6206
7	Santa Express at USO Lambert	256-8668
10	Scott AFB Blood Drive, 9:00AM-6:00PM at Rockwell Hall	256-7351
11	Key Spouse Training	256-8668
12	Give Parents a Break, CDC and Youth Center	256-8668
16	Key Spouse Meeting	256-8668
18	Starlifter Holiday Concert, Time TBA at Base Theater	229-8133
20	Santa Fly-In (children of currently deployed), Time/Location TBA	256-8668
21	Brunch with Santa, Scott Club	744-1333
24	Christmas Eve Family Service, 7:00PM at Chapel	256-3303
24	Christmas Eve Traditional Service, 11:00PM at Chapel	256-3303
25	Christmas Meal at Nightingale Inn, Group Seating at 12:00 Noon	256-6206
31	New Year's Eve Party, Scott Club	744-1333
31	Youth Lock-In, Youth Center	744-9862
31	New Year's Eve Family Fun, Stars & Strikes Bowling Center	256-4054

Note: Events in bold are specifically Expeditionary Family Events

School Liaison Officer

As we celebrate the 2003 holiday season, busy as we sometimes can be, perhaps this is a good time to help our children plan. We can help take an assessment of just where our youngsters are, where we think they should be, and where they are going. If you have young ones underfoot, and you think it is too early to plan, please think again. Planning is key! As a matter of fact, the importance of planning was drilled into us at Officer Training School – the 6 P's: Proper planning prevents poor performance. (Just in case you thought I couldn't count, I left one of the P's out because of the intended audience for this publication. ☺)

If you have school-aged children, Christmas vacation marks completion of their fourth month of this school year. Depending on how this Midwest winter goes, they will have five months of school before the school year is over. It's a good time to ask some questions and take a chance to either press on or make some mid-course adjustments. So what are some of the questions you should be asking? Number one question is: How much time am I spending helping my child succeed? Number two question is: What do I consider success? Perhaps you weren't expecting these types of questions. But they are important. Is it important to you that your child is socially well adjusted, or is it more important that they are an "A" student? Does the pressure some parents exhort on their children to be straight-A students really help them? Certainly, we should challenge our children to do their best, but we must keep in mind that there are variables that need to be considered and the mental wellness of our children is of extreme importance as well. Stress is alive and well in our lives as well as the lives of our children.

There are other questions. If your child is old enough and focused enough to be working toward a career goal, is he/she taking all the necessary prerequisites AND are you supporting your child in that decision? Your role as parent is unequalled. Are you equally as supportive if your child decides he/she wants to pursue a career as a window washer as you are if he/she decides to be an Air Force officer? Certainly this is an extreme, but you get the point. We need to direct our children to do the right thing and provide guidance to them to use their time and talents, but we need to be ever mindful of having them live THEIR lives and not the lives we expect of them. They must make critical, important decisions and we must trust them to make the right decisions, support them along the way, and help them re-focus if they don't.

Yes, it's that time of the year again. School vacations are an excellent time to reconnect with our children. Depending on their ages, we can ask questions such as: "How involved am I as a parent?", "What are the best teaching strategies for my child?", "How can communication be improved among parents,

Helpful Websites



Scott AFB Spouses

http://groups.yahoo.com/group/ScottAFB_Spouses/

This group is for women currently stationed at Scott AFB, or with pending orders to Scott. Whether you're an Active Duty mother, the wife of an Active Duty husband, whatever...this is your place :)

We are here to offer each other support for whatever reason. Whether it's during a separation, times of personal stress, needing help during a PCS to Scott or even just a place to meet new friends... you'll find it here.

We offer a mature, kind and compassionate place for you to come to for whatever you have to say, or whatever help you need.

Please click on the "Join this Group" link and reply to the e-mail you will receive so we can welcome you to our family as soon as possible! :)

Deployment Link—Family Support

http://www.deploymentlink.osd.mil/deploy/family/family_intro.shtml

Today's military family faces a lifestyle that is comprised of frequent deployments, which results in increased family separations. This often proves to be a stressful challenge for military families. To assist the military's efforts to keep both troops and their families prepared, there are several programs which support the readiness of families. The information in this section of the site will assist servicemembers and their families in preparing for and coping with deployments. This site contains family support links for each of the services, as well as information for children, locating servicemembers and deployment entitlements.

Healthy Parenting Initiative: Information for Military Personnel & Their Families

<http://www.mfrc-dodqol.org/healthyparenting/deployment.cfm>

This site offers resources that provide information to guide families as they deal with the process of deployment and its impact on family life. It presents deployment question and answer sheets, deployment fact sheets, and deployment checklists.

There are additional parenting resources in the "Stay Connected" parent-teen section of the web site.

teachers, and administrators?", "How can I talk to my children about school?", "How can I help my children at home with school work?" and "When and how should I contact the teacher?" But I think the more fundamental questions for this holiday season must take on this nature: "How can I support you more, my child? What can I do to help you learn better? What can I do to help you marvel at this world better? What can I do to help you appreciate this world more?, and What can I do to help you serve this world better?" And, why not? After all, we only get one chance at this. They're only this age once. And we, for our part, can only do our best.

The Community Youth Transition and Education Council meets on the first Tuesday of each month at 1 p.m. in the 375th Airlift Wing Headquarters Conference Room, Building, P-4. Please join us!